



## Octave Bread

### -The "visit of Mary" in our homes -

At the time of Octave 2020, containment persists. That is when Mary comes to visit us in our homes. She is like this woman of the gospel who takes the leaven of hope to raise the dough. With her we can rediscover our usual living environment as a small domestic church. Currently, many of us aspire to ecological, economic and societal changes to support living together in "our common home". May Mary rekindle in us the desire for fraternity. May it inspire us to review our ways of living in a more united way, more in line with creation, rooted locally, and at the same time, universally dependent on each other. What are the first steps to take, personally, as a family, in the community to contribute to these transformations?

To welcome Mary into our homes, we created the recipe for Octave Bread ® ©, based on two ingredients, spelt and savory ('la sarriette'), traditionally grown in Luxembourg and at the same time appreciated in many regions in Europe. According to Saint Hildegard of Bingen, "he who is sad, the savory ('la sarriette') will make him happy" and "the spelt gives energy and brings joy to the heart".

So, how do you experience this visit from Mary? By preparing the Octave Bread and saying this simple prayer, alone or with others, personalizing the ending with your own words:

### Octave Bread Prayer

**O Mary, you the woman of hope,  
You come to visit us in our homes.  
You support us in our trials and our doubts.  
You who console us on our way,  
Mary, teach us to share Life  
Like this bread.  
Inspire me to know how to take concrete action to ...  
(express here what is dear to my heart today)  
Amen.**

Testimonials about this "visit", and how we made and shared this Octave Bread can be sent

in the form of photos, comments, emoticons, videos, etc. on the sharing space on the site [www.octave.lu](http://www.octave.lu) and on social networks.

## **Octave Bread Recipe** ® (Registered trademark for Octave)

**Octave Bread** ® ©

### **Recipe**

- 600 g of organic whole spelt flour -  
(failing this, buckwheat flour or other whole grain)
  - 400 g white wheat flour
  - 2 tsp. ground dried savory ('la sarriette')
  - 1 large tsp. whole sea salt
  - 500 ml lukewarm water
  - 50 g fresh baker's yeast
  - 40 ml olive oil (optional)
- (for smaller bread, halve the amount of ingredients!)*

- In a large bowl, pour the flour.
  - Add salt and savory ('la sarriette') and mix well.
  - Dilute the yeast carefully in lukewarm water and add the liquid to the flours.
  - Mix well by kneading the dough with both hands. (The time to knead can be a time of precious meditation!)
- Then cover the bowl with a cloth.

### **Let the dough rest for at least 3 hours or overnight.**

- Then flour the dough, fold it over several times and place it in a clean cloth.
- Leave it to stand for another 2 hours.
- Heat the oven to 210 ° C, then place an empty, oiled casserole dish in the oven for 15 minutes.  
(Adapt the temperature according to the oven!)
- Put the dough in the casserole dish, incise the dough several times (with a pretty pattern) and sprinkle with flour.
- Bake at 210 ° C for half an hour with the cover, then at least 15 minutes without the cover.

Monitor.

- Take out the bread and let it cool.

*You will get a superb bread, soft inside and crispy outside, delicately flavored with savory ('la sarriette'). Good workmanship. Good tasting. It's best shared by many ...*